

Lumbar Epidural Steroid Injection



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Lumbar Epidural Steroid Injection (LESI) is the most commonly performed epidural steroid injection. Lumbar Epidural Steroid Injections are used to relieve low back and radiating leg pain. The steroid medication can reduce the swelling and inflammation caused by spinal stenosis, radiculopathy, sciatica or herniated discs.

During the procedure the patient lies face down and a cushion is placed under the stomach area for comfort and to arch the back for easier access to the epidural space. Local anesthetic is used to numb the skin and tissue down to the lumbar vertebra and fluoroscope help physician to ensure correct placement of needle tip. The physician places the needle between vertebrae and uses the contrast solution to visualize on fluoroscope the painful areas. Then a mixture of anesthetic and steroids is injected to reduce the pain and inflammation. A needle is removed and a small bandage is used to cover the tiny wound.

For some patients, one or two Lumbar Epidural Steroid Injections are sufficient to obtain significant pain relief, however three or more injections might be needed.

Lumbar Epidural Steroid Injection Side Effects:

Common side effects include allergic reaction, bacterial infection, bleeding in seldom cases. Steroids side effects are face, eyes, arms, legs swelling, sugar level increasing for diabetic patients.

The patient must inform the physician about pregnancy and also about current use of blood thinning medication.

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DISCLAIMER: INFORMATION PROVIDED IN THIS SHEET IS GENERAL IN CONTENT AND SHOULD NOT BE SEEN AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. CONCERNS OVER MEDICAL CONDITIONS SHOULD BE DISCUSSED WITH YOUR PRIMARY CARE PHYSICIAN OR PAIN CARE SPECIALIST.